July 2023

WPS Parent Safeguarding Newsletter

Self Care Summer Packs

The summer break is almost upon us, and the holidays offer both staff and learners the opportunity to re-charge. However, some learners struggle without the structure and support offered by their education setting.



The Anna Freud Centre has put together <u>self-care summer packs</u> for primary and secondary schools containing creative activities that young people say helped them stay mentally healthy.

Online Gaming

Come rain or shine, over the summer holidays many children and young people will be spending longer on gaming consoles. It is imperative that parents take an active role and understand gaming (it isn't just playing games), the games their children are playing, potential risks and how to mitigate those risks.

Internet Matters have a whole gaming hub, a library of information just for parents covering the areas above and more. You can get to the gaming hub <u>HERE</u>.

<u>Helping Children in their Move from the Primary Phase to</u> <u>Secondary Phase</u>

Moving from the primary phase into the secondary phase can be an anxious time for some learners. At Wootton Park we have a transition programme in place to support this process. The Salvation Army have also recently launched a podcast series of six-to-seven-minute episodes, focusing on this transition. If you think this would be helpful for your child please click the link below.

The Small Fish Podcast

Children & Youth

https://www.salvationist.org.uk/resources/discipleship/thesmallfishpodcast

Domestic Abuse and Education



Domestic abuse has a massive impact on children and young people. Firstly, the presence of domestic violence in the home is a key contributor to undermining the glue that holds a family together.

In doing so children and young people are deprived a stable homelife, sometimes leading to increased absenteeism and concerning behaviour.

Secondly, the trauma generated can seriously affect their mental health leading to reduced outcomes in education. Thirdly it normalises violence within the child or young person's life, affecting their socialisation with others.

In all cases it creates an unfathomable impact to the learning outcomes and emotional well-being of learners. The National Institute of Economic and Social Research has recently released a report on this matter. If interested please follow the link below:

https://www.niesr.ac.uk/publications/domestic-abuse-and-schools-evidence-supervision-designated-safeguarding-leads-evaluations?type=report

Online tips for parents/carers during the summer holidays

The internet is a wonderful place for children to explore, learn new things and have some fun! With the summer holidays about to start, now is a really good time to think about what your child is doing online, the websites they're visiting, the games they're playing etc. Here is a link to some online tips for keeping your child safe online over the summer holidays:

Online Tips for parents / carers during the summer holidays

<u>Water Safety During Summer</u>

48% of all accidental drownings in the UK occur during June - August. It is vital that parents and young people understand the risks of swimming in open water and understand how to ensure they are safe around water during the summer.

More information is available on the Northants Fire website.

Parents/Carers can sign up for free to 'Staywise' <u>Home StayWise</u> full of educational resources and activities from the UK's leading emergency services and safety-focused organisations making it easy for you to find trusted materials that provide learning opportunities to help keep children safe.

Supporting your child with their GCSE and A Level results

The period leading up to exam results can be a stressful time for many young people and their families.

Below is a free webinar for parents, carers and family members. The webinar will explore ways in which you can support young people with feelings of anxiety before results day.

This webinar will be run by mental health and education experts from Anna Freud. It will cover:

- the different reasons young people might find results day stressful
- tips from young people about how the adults in their lives can best support them
- healthy coping strategies to use to support your child's wellbeing, as well as your own.

Please click on the link below to access the webinar.

<u>Supporting young people with anxiety before results day | Training | Anna Freud Centre</u>

Northamptonshire Arson Task Force

Northamptonshire Arson Task Force have shared some resources that may be useful for parents and carers to help raise awareness of the impact of Deliberate Fire Setting. Please see the below presentation for more information. If you know of an individual who has an unhealthy fascination with Fire or who has been involved in fire setting behaviours, you can make a referral to the Arson Task Force using the link below.

Click <u>here</u> to submit a Firesetter & Hoax Caller Intervention Referral For advice and guidance or any Arson Task Force enquiries please contact:

arsontaskforce@northants.police.ukor arsontaskforce@northantsfire.gov.uk













What Parents & Carers Need to Know about

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as TikTok and Instagram.

Connecting with Strangers

Even if your child only cannects on the app with people th know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoap have increased this possibility. Accepting a squeet means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow strangers to gain their trust for sinister purposes.



Some videos and posts an Snap chat are not suitable fo children. The has hags used to organise content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets us are swipe through snippets of news stories and trending articles that often include a dult content. There is currently no way to turn off this feature.



Compulsion and Excessive Use

Many users spend vast amounts of time trying to become a Snap Star. Snapchat is offering a share of \$1 million, and the chance of online fame, to users who create and share the best videos. Children are therefore becoming obsessed with producing appealing content. The Spotlight feature's endle scrall of videos makes it easy for children to pass hours watching content, slowly getting addicted to the app.

Sexting

Sexting continues to be a risk associated with Snapchat. The people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshotted first – users have found alternative methods to save images, such as taking pictures with a separate

Damage to Confidence

Snapchat's signature filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beautify' filters on photos can set unrealistic body-image expectations and create feelings of inadequacy. Continually comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self worth.







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Advice for Parents & Carers





Turn off Quick Add

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child is contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cogican).

Choose Good Connections

Snapchat has recently a mounced that it is rolling out a newsafety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This Friend Check up encourages users to delete connections with users they rarely communicate with to maintain their online safety and privacy.

Talk about Sexting

may feel like an awkward conversation (and one that young people can be reluctant to ave) but it is important to talk operity and non-judgementally about sexting. Discuss the gai implications of sending, receiving or sharing explicit images, as well as the possible motional import. Emphasise that your child should never feel pressured into sexting – an nat if they receive unwanted explicit images, they should tell a trusted adult straight away

Keep Profiles Private

Profiles are private by default, but children may want to make them public to gain more followers. You may wish to customise the settings so that your child's Stories can only be viewed by people they know well in real life. In Snap Maps, enabling 'Ghost Mode' (again via settings) prevents your child's location being seen; it also nullifes SnapMap status; which visibly displays a user's exact location for as long as they stay there.

Be Ready to Block and Report

if a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explic images to them, your child can select the three dots on that person's profile and choo report or block. There are options to state why they are reparting that user (annoying a malicious messages, spam, or masquerading as someone else, for example).

Chat about Content

lik to your child about what is and isn't wise to share on Snapchat (e.g. don't post explici lages or videos, or display identifiable details like their school uniform). Remind them th ice something is ordine, the creator loses control over where it might end up, and who w ddiffornally, Snapchat's 'Spotlight' feature hose #challenge like I sk'ds's: it's wild that yo illd understands the potentially harmful cansequences of taking part in these challengs

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various accelemic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK,









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www.nationalonlinesafety.com







Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection
CiN: Child in Need

CEOP: Child Exploitation and On-Line Protection Centre

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter-Terrorism Strategy to stop

people being drawn in to extremism

CAMHs: Child and Adolescent Mental Health Services

SEND: Special Educational Needs & Disabilities

Safeguarding during the holidays

We hope you have a lovely summer break, if you have any safeguarding concerns over the holiday please contact a member of our safeguarding team. We do have some drop in sessions available throughout he summer holidays so please contact either Jane Page or Sam McDonnell using the email addresses below.

DSL - <u>j.page@wootonparkschool.org.uk</u> Deputy DSL - <u>s.macdonnell@woottonparkschool.org.uk</u>



WOOTTON PARK

Reporting a Safeguarding Concern

If you are concerned about the welfare or safety of a learner please speak to a member of the safegaurding team.



Jane Page
Designated Safeguarding Lead



Sam MacDonnell
Deputy Designated Safeguarding Lead



Claire Woodbridge



Corinna Kerrou



Dan Rosser



Gemma Kingston-Wade



Carla Grady



Adam Cowdell



James Coe